Poor posture from childhood can set you up for an unhealthy adulthood. Its more than just keeping upright... hunched postures can cause respiratory problems and chronic pain amongst a host of other conditions and problems.

**WHAT IS POSTURE?**
Posture is defined as a particular position of the body held against gravity in sitting, lying or standing. **Good posture involves training the body to sit, stand and lie in positions which place the least amount of stress on the muscles, ligaments and other structures.**

**PHYSIOTHERAPY HELPS:**
Your physiotherapist can make an assessment of your posture in sitting/standing/lying and help you adjust your body to reduce unnecessary strain.

Exercises can be prescribed to help maintain a healthy posture and further strengthen and relax your muscles and improve joint health. Physiotherapists help improve your posture via postural correction exercises and education on lifting and bending techniques.

**Physiotherapy tips for Neck & Back care:**
- Avoid keeping your head in any one position for prolonged periods.

- Ensure your pillow supports your entire neck and head and is neither too high/low.

- Sleeping positions: if on your side, bend your knees and place a pillow between your knees. If on your back, place a pillow under your knees.

- Lift objects by stooping/squatting and then holding the object close to the front of your body with elbows tucked in to your body.

**ERGONOMICS: Sitting pretty behind the computer**
- Sit arm’s length from the monitor with arms and elbows relaxed close to the body
- Feet should rest flat on the ground/foot rest
- Use a stable work desk and stable keyboard tray
- Wrists flat and straight in relation to the forearms to use the keyboard and mouse
- The top of the monitor should be 2”-3” above eye level.
- Take frequent short breaks.